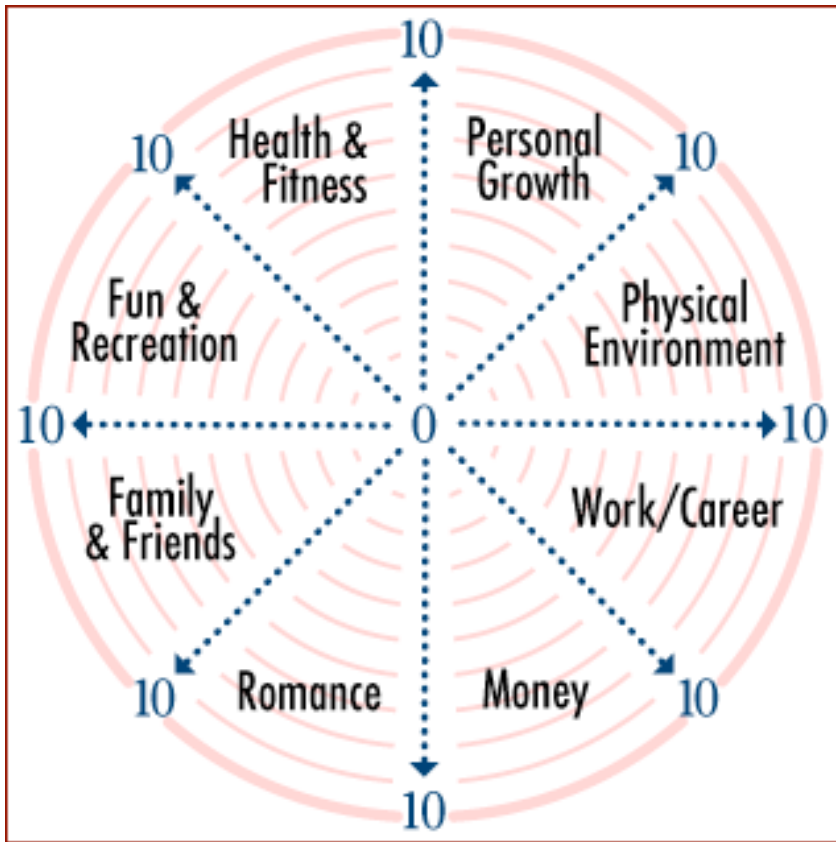


The Wheel of Life is a coaching tool to help you assess where you are in your life right now. The eight sections in the wheel represent areas to be balanced.



DIRECTIONS:

The center of the wheel equals 0, and the outer edge equals 10. Rank your level of satisfaction with each area by placing a dot on the curved line for that area. Connect the dots. The new perimeter of the circle represents your Wheel of Life at this time. *How bumpy would the ride be if this were a real wheel?*

To help you rank each area, consider this question: If this area were a 10 for you, what three things would be happening?

Personal Growth

- 1.
- 2.
- 3.

Health and Fitness

- 1.
- 2.
- 3.

Fun and Recreation

- 1.
- 2.
- 3.

Physical Environment

- 1.
- 2.
- 3.

Family and Friends

- 1.
- 2.
- 3.

Work and Career

- 1.
- 2.
- 3.

Romance

- 1.
- 2.
- 3.

Money

- 1.
- 2.
- 3.